



THE CITY OF SAN DIEGO

Public Library

FOR IMMEDIATE RELEASE

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Library to Present Free Seminars Focusing on Asthma

"Be Well Informed" Presentations to be Held at Four Libraries in June

SAN DIEGO – The City of San Diego Public Library will host four free seminars in June focusing on asthma.

Asthma is a chronic inflammation of the airways with reversible episodes of obstruction, caused by an increased reaction of the airways to various stimuli. It is a chronic condition with acute exacerbations. Asthma can be a life-threatening disease if not properly managed. According to the National Center for Health Statistics, an estimated 6.1 million children under 18 years of age currently have asthma. Asthma is the third leading cause of hospitalization among children under the age of 15 and it is the leading cause of chronic illness among children.

The seminars will provide information about available treatments and medications from a registered pharmacist. The programs will include presentations and a question and answer period.

The free seminars are part of the Be Well Informed @ your library campaign, presented by Walgreens and the American Library Association. The San Diego Public Library is one of 10 library systems in the country participating in the program.

The schedule of seminars is as follows:

- **Thursday, June 9 at 1 p.m.**
Rancho Bernardo Branch Library, 17110 Bernardo Center Drive, 858-538-8163
- **Saturday, June 11 at 2 p.m.**
Valencia Park/Malcolm X Branch Library, 5148 Market St., 619-527-3405
- **Wednesday, June 15 at 2 p.m.**
Point Loma/Hervey Branch Library, 3701 Voltaire St., 619-531-1539
- **Wednesday, June 22 at 6 p.m.**
San Carlos Branch Library, 7265 Jackson Drive, 619-527-3430

To sign up for a seminar, please call the library where you plan to attend. For more information, visit the Library on the City's Web site at <http://www.sandiego.gov/public-library/>.

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